

### Abstract

An access unit, an access method, an access program and a control unit are provided which are capable of shortening the seek time of an optical head for a test record and a test regeneration.

A record medium 200 includes a user area for recording user data which can be recorded and regenerated based on an instruction given by a user; a recording-system circuit section 120 records test data based on a predetermined test condition in the user area; a regeneration-system circuit section 130 reads the test data recorded in the user area by the recording-system circuit section 120; and a system control circuit 102 refers to the test data read by the regeneration-system circuit section 130 and adjusts an access parameter for accessing the record medium 200.